OGRE YOGA

Ogre Breath

1

Stand up straight.

2

Take a deep breath, expanding your chest.

3

Slowly breathe out.

4

Repeat three to five times.

hp invent

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OGRE YOGA

NOTE: Unless you're trying to light a campfire, do not attempt this near wood.

Dragon

1

Kneel with your arms at your side.

2

Bring one foot forward and put your hands on your knee.

3

Lift arms in air and stretch forward.

4

Spread your fingers and exhale.

hp invent

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OGRE YOGA

Gingerbread Twist

1

Sit cross-legged on the floor.

2

Move your left leg over your right.

3

Touch right elbow to outside left knee, and rest left hand on the floor behind you.

4

Push with your right elbow, and stretch your back.

hp invent

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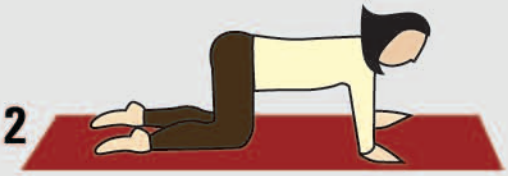
OGRE YOGA

Downward Donkey

1

Kneel on the floor and sit on your heels, reaching forward.

2



Move forward onto your hands and knees.

3

Curl your toes under and press your hips back.

4

Straighten your legs, and firm your arms.

hp invent

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OGRE YOGA

Spanish Warrior

1

Jump your feet apart.

2

Turn your right foot in slightly and your left foot forward.

3

Raise your arms straight out from your body.

4

Turn your head to the left and bend your left knee over your left ankle.

hp invent

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OGRE YOGA

Ogre Chest

1

Sit up tall, legs straight.

2

Lean back on your forearms.

3

Touch your head to the floor.

4

Join your hands above your belly, palms up.

hp invent

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